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100BlackMenKC.com



Healthy Living Is Winning.

LetsWINkc.com



Let's WIN KC is an initiative
sponsored by the
KCMO Health Department.



*You
Are*

Loved

and

Beautiful

*Have a
wonderful day!*



Music to lift your spirit.



Scan for a curated
Spotify playlist.

Affirmation:

**I DESERVE to give
myself grace.**

The Family Conservancy

Mental Health Tips

We know the anger and fear that life can bring. Just a few tips for managing tough times:

1.

Take a beat.

Take a break and add space between you in the situation to collect your thoughts.

2.

Move your body.

It can reduce stress that can cause you to become angry.

3.

Laugh.

Finding some humor can release tension.

4.

Relax.

Use deep breathing, music, journaling or yoga.

5.

Get help.

Seek support when you need it. Visit [TakeActionForHealth.com](https://www.TakeActionForHealth.com) for health resources and [LetsWINKc.com](https://www.LetsWINKc.com) for therapists and mental health tips.

Reference: [Mayoclinic.org](https://www.mayoclinic.org)